



The voice of the

HWARANG



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For the warriors of UFL

August 27, 2004

Security relies on you!

Story and photo by
Pvt. Kim, Do-ho

Years ago, there was no regulation concerning the use of cell phones within the Command Post Oscar compound. These days, however, cell phones are developed for multi-purpose use as digital cameras, mp3 players, calculators and more. TV news programs in Korea have done features on how 'camera-phones' easily abuse privacy and security. As a result, cell phone use is prohibited in some public places or in secure areas.

"I don't think that a lot of Soldiers understand that cellular phones are extremely vulnerable to espionage and hostile exploitation. Cellular phones are very powerful transmitters," Said Lt. Col. Henry Howerton, chief, 8th U.S. Army G-3 Information Operations branch. "If you have enough power to transmit for miles to another cellular communication device, it only makes sense that someone can intercept that signal and listen to it. Normal cell phones have no encryption of the signal. It is the same as dialing into a radio station. All you need is the right equipment to do so, which is commonly available."

Howerton advises Soldiers to keep their cell phones in their barracks.

When you are inside highly secure areas such as Operation Centers, the battery must be

removed.

"Cell phones in secure environments are vulnerable when sensitive discussions are being conducted," said Howerton. "It needs to be turned off with the battery removed to ensure the phone can not be used as a listening device for conversations near by."

Not many Soldiers recognize security as a serious problem when using cell phones and e-mail, but any device that Soldiers may think is safe can actually be used by the enemy to gain tactical leverage for critical leakage. It is required for all Soldiers to keep the importance of security in mind.

"Security is like, taking the harder right over the easier wrong," Capt. Mark Gardner, Theater Missile Defense Plans officer, G-3 Air Defense Artillery, 8th U.S. Army said, "Security might be difficult. It is easy to ignore security, to carry classified things, or to just throw them away. And who knows where the garbage goes? Even though you have to go out of your way to go



Capt. Jefferson Hammann, Aide-de-Camp, Chief of Staff, Command Group, 8th U.S. Army, removes his cell phone battery prior to walking in the Eight Army Operation Center, performing proper OPSEC.

to shred something, it is the right thing to do."

Reminder

-Security badges must be visible at all times. When outside CP Oscar, badges must be put away.

-Escorted personnel require supervision at all times.

-There is no Midnight Meal on Saturday.

**-Sunday meal hours are:
Breakfast 0830-1000
Lunch 1200-1330
Dinner 1600-1730**



Voice of Warriors: *How do you usually spend your off-hours during the exercise?*



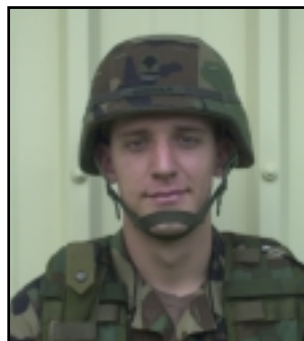
Sgt. Maj. Arnold Smith
Plans Sgt. Maj.
8th U.S. Army G-6

"I would usually spend my free time reading books, working out in the gym and watching sports games that are on the television."



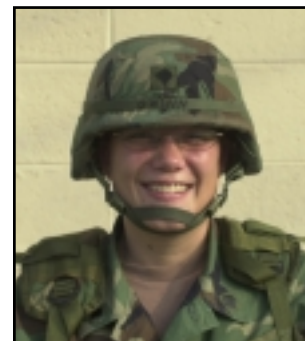
Maj. David R. Voelker
Facilities Damage Officer
8th U.S. Army Engineer

"I call home, read books and conduct PT during my off shift. If I have time, I may see what movies are playing in the MWR building."



Spc. Jeremiah D. Sharier
CP Oscar Guard
8th U.S. Army Band

"Most of the times, I try studying the Korean language and also working out at the Camp Walker gym whenever I can after work."



Spc. Patricia L. Gwinn
Logistics Clerk
32nd AAMPC G-4

"I spend my off-hours on physical training, sleeping and doing laundry. I also do a lot of talking with Soldiers from other units."



Voice of the Hwarang Staff (AUG 2004)

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8th U.S. Army G-4: Supplies the Victory

Story by Pvt. Shin, Hee-suk

Water, fuel, and ammunition are the basic, and crucial items for the Army. A vehicle can't drive without fuel, and weapons are useless without ammunition. G-4 supports the Army by supplying those essential items in both times of war and times of peace.

"The main mission of the G-4 during UFL is to provide overall logistics guidance and information to support operational missions and to facilitate a rapid transition from armistice logistics readiness posture to war fighting maintenance," said Sgt. 1st Class Lilly Hall, the plans and exercises non-commissioned officer in charge, G-4, 8th U.S. Army.

G-4 is divided into five parts. Those are plans and exercises division, support operations division, ammunition division, petroleum, oils and lubricants (POL)/water division and transportation division.

Plans and exercises division is responsible for preparing all planning, policies and procedures on logistics issues.

Support operations division coordinates immediate and current operations for timely logistics support to provide maintenance and supply guidance to U.S. Army units.

Ammunition Division is responsible for rationing and analyzing all ammunition issues throughout the peninsula.

POL/water Division is in charge of staffing all tactical bulk POL and calculating bulk water action so that all Soldiers and vehicles receive their energy sources in precise amounts.

Transportation division provides all needed transportation planning and analysis. Their primary mission is to establish the Combined Transportation Management Center (CTMC) with the Republic of Korea Army to coordinate transportation issues on the peninsula.

Major Terry Vansky, Chief of Material Readiness, Support Operations, G-4, 8th U.S. Army, recognizes crucial significance of G-4 as a supplier of whole indispensable items for the Army.

"The importance of G-4 is very high," Vansky added. "G-4 prepares everything that has to be provided for our warriors in battlefield."

This devoted division takes care of Soldiers' daily life items to wartime operations.

"The 8th Army G-4 is the headquarters staff element that oversees all logistics operational support to United States Army and United States Forces Korea forces."

Chaplain's corner: *Powerful and Effective Prayer*

By Col. Michael W. Malone,
8th U.S. Army Chaplain

James writes, "The prayer of the righteous is powerful and effective."

Prayer is an important discipline in many religions. Christianity has a 2000 year history of effective and powerful prayer. Jesus gave his followers the example of a man of prayer. He prayed before meals. He was

in the wilderness praying and fasting before he embarked on his ministry. In the Garden of Gethsemane he was in serious prayer the night he was betrayed and arrested. While nailed to the Cross, he prayed for the ones who engineered his crucifixion, "Lord, forgive them for they do not know what they are doing (Luke 23:34)." Jesus spoke words from the heart of the Lord God, and promised that God wants to

answer our prayers. He said, "Ask and it will be given to you; seek and you will find; knock and the door will be open to you. For everyone who asks, receives; he who seeks finds; and to him who knocks, the door will be opened (Matthew 7:7-8)." There is nothing neither too large nor too small to take to the Lord in prayer. When you make prayer an integral part of your daily living, you are on your way to strong spiritual fitness.



"Watch out for Heat Injury"

Story and photo by Pvt. Shin, Hee-suk

U lchi Focus Lens Exercise takes place in the middle of Summer every year, when the summer heat reaches its last peak before a significant drop in temperature.

Fortunately, UFL 2004 has begun in pleasant weather this year. Usually during UFL, anything outside our climate controlled cocoon, has been exceedingly hot, exhausting Soldiers mentally and physically. Daegu is in a valley surrounded by mountains, so the heat remains trapped in the area bringing temperatures up significantly. The geography of the ground causes greenhouse effect, making the city the hottest area in South Korea. It is important to be prepared to fight the enemy and the heat as well.

If you have been exposed to the heat for too long and have not kept yourself hydrated, your body will probably let you know there is a serious problem with heat exhaustion. Our bodies create a tremendous amount of internal heat. We normally cool ourselves by sweating and radiating heat through the skin, but under certain circumstances such as unusually high temperatures on high humidity, this natural cooling system may begin to fail. This allows internal heat to build up to dangerous levels, which could result in heat illness, which can be in the form of heat cramps, heat exhaustion or even heatstroke. In addition to a hot climate, heat injuries also can be caused by behavioral factors such as vigorous exercise in hot weather, excess clothing, alcohol or medication use, or sweat gland dysfunction.

Profuse sweating, fatigue, thirst, and muscle cramps are early symptoms of heat illness. Heat cramps are brief, severe cramps in the muscles of the leg, arm or abdomen. They are painful but not serious. Finding a cool place to rest, and slowly drinking fluids should ease discomfort. Massaging cramped muscles can also help.

Dehydration, headache, dizziness, weakness and light-headedness, nausea and vomiting, cool and moist skin, and dark urine are symptoms of heat exhaustion.

If your fellow soldier shows signs of heat exhaustion, they should rest in a cool area and drink fluids. If possible, bring the casualty indoors or into the shade and loosen or remove clothing. Encourage him to drink, and pour cool but not cold water on them. If necessary, call the medic for further advice.

If left untreated, heat exhaustion may escalate into heat stroke, which can be fatal. Heatstroke, the most severe form of heat illness, is a life-threatening emergency as the body loses its ability to regulate its own temperature. Prompt medical treatment is required to bring body temperature under control.

To reduce the risk of heat exhaustion, make sure to drink plenty of fluids on hot days, even when you do not feel thirsty and especially if you are working out. Try to avoid alcoholic beverages and coffee. Wear lightweight clothing, and if you are participating in field training, take frequent breaks in the shade. In any case of medical emergency, contact the TMC at 764-4222.



It is advised to drink plenty of water to keep healthy and to prevent possible heat injury.

Weather for Daegu, South Korea

AUGUST 27



Hi
84 F
29 C

Low
70 F
21 C

AUGUST 28



Hi
84 F
29 C

Low
70 F
21 C